

Seattle Parks and Recreation

HIAWATHA COMMUNITY CENTER

WINTER 2004

You Can Count on Us for Recreational, Educational, and Cultural Programs



**Join our great volunteers for the best pancake breakfast in town!
Sunday, March 7, 8 a.m. to noon.**

Check out gymnastics
classes on page 5.

Senior pickleball
Monday, Wednesday, &
Friday mornings

Hiawatha Community Center 684-7441

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Antidiscrimination Policy

As a matter of policy, law and commitment, Seattle Parks and Recreation does not discriminate on the basis of race, color, sex, marital status, sexual orientation, political ideology, age, creed, religion, ancestry, national origin or the presence of any sensory, mental or physical handicap.

ADA Compliance

We will make reasonable accommodation, upon request, for persons with disabilities. For sign language interpretation, auxiliary aids or other accommodation, please call 206-684-7430 or 206-684-4950/TDD. Please allow 10 working days advance notice. If a class or activity is scheduled in an area not accessible to wheelchairs, we will make every effort to help you find a similar program in an accessible location.

Serving You Since 1911

Welcome to Hiawatha Community Center, the first municipal recreation building built in the Pacific Northwest. The center has been serving residents of West Seattle since 1911. This brochure lists our program offerings. We hope there is something that interests you. Please call us if you have questions.

Community Center Staff

John Hermann, Recreation Center Coordinator
 Barb Drake, Assistant Recreation Coordinator
 Al Mason, Recreation Attendant
 Dorothy Talamaivao, Teen Development Leader
 Walter McCarthy, Maintenance Laborer
 Lisa Crisostomo, Morning Building Monitor
 James Hubbard, Weekend Recreation Attendant
 Amanda Kirk, Weekend Recreation Attendant
 Dashanna Jimmerson-Chalmers, Weekend Recreation Attendant

Registration Information

- ♦ Registration is now open. Classes begin January 5 except where noted otherwise. No classes January 19 & February 16.
- ♦ See page 15 for registration form.

Hours of Operation

- ♦ Monday 1 pm – 9 pm
- ♦ Tuesday 1 pm – 9 pm
- ♦ Wednesday 10 am – 9 pm
- ♦ Thursday 1 pm – 9 pm
- ♦ Friday 10 am – 9 pm
- ♦ Saturday 10 am – 4 pm
- ♦ Sunday Noon – 5 pm

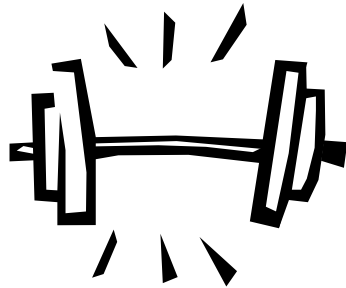
Additional Hours of Operation

(Open to participants in programs funded by Hiawatha Advisory Council)

- ♦ Monday 10 am – 1 pm
- ♦ Tuesday 10 am – 1 pm
- ♦ Thursday 10 am – 1 pm

Hiawatha Weight Room

The small Hiawatha weight room contains a five station universal gym weight machine, an exercycle, treadmill, and stairstepper. It is open Monday through Friday from 10:00 am to 9:00 pm, Saturdays from 10:00 am to 5:00 pm and Sundays from 12 noon to 5:00 pm. Use is restricted to adults who purchase a monthly membership. Youth 15 – 17 may use the weight room when accompanied by an adult. The fees are \$35 for 3 months or \$15 for 1 month.



JOIN THE POPULAR YOUTH TRACK PROGRAM. SEE PAGE 7 FOR DETAILS.

Classes

☛ Hatha Yoga for Beginners

This is a non-competitive traditional system for improving strength, flexibility, and energy for the body, mind and spirit. It is a 3000-year-old life science that can help you attain a healthier body and a more peaceful mind. Yoga brings a balance of internal and external awareness, integrating breathing (pranayama) and physical postures (asanas).

Wednesday	5:00 – 6:30 pm	7 weeks	\$62
Wednesday	6:30 – 7:45 pm	7 weeks	\$62
Saturday	10:00am – 11:30am	7 weeks	\$62
Session 1	January 7 – February 25		
Session 2	March 3 – April 7		
Instructor: Roz Boyd.			



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Children's Activity/Care Programs

Pre-School

☛ Time for Tots Co-op Pre-School

Learn through play the cooperative way where parents and children learn together. Children need to learn about friendly faces, imitating, speaking, exploring and shapes. As parents, you can learn songs, games to play, and many things that will help your child develop. Spend one day a week with your child. Discuss ideas with a teacher and other parents.

1 year	Wed	10 a.m. – Noon	\$21/mo
2/3 yrs	Th/Fri	10 a.m. – Noon	\$42/mo
4/5 yrs	Wed/Th/Fr	12:30 – 3 p.m.	\$63/mo

Instructor: Dorothy Poplawski



Arts & Crafts are popular in both preschool and school-age care programs at the center.

☛ Learning Ladder Pre-School **Age 3**

Your preschooler will be proud to attend his or her own school. The mornings are filled with fun and learning. Play-time includes creative and dramatic play, arts and crafts, circle time and field trips. Learning time introduces your child to ABC's and 123's, as well as science and math. Your child will learn age appropriate social skills. \$45 registration fee. Call 937-2363 for information. E-mail: LearningLadderPreschool@hotmail.com.

Tues/Thurs 9:30 a.m. – Noon \$120/mo.
Instructor: Nan Tate.

☛ Learning Ladder Pre-Kindergarten **Age 4**

Designed to help prepare your 4-5 year old for the academic and social challenges of Kindergarten. Free play with toys, arts and crafts, outdoor play, and field trips are included in the curriculum. \$45 registration fee. Interviewing now for fall.

Mon., Wed., & Fri. 9:30 a.m. – 12:15p.m. \$180 /mo.
Instructor: Nan Tate

School Age

☛ Before & After School Program

A program designed to serve the needs of working parents and to provide children with social, physical, and recreational activities within a safe and caring environment.

Before School	7 – 9 a.m.	M – F	\$175/mo
After School	3:15 – 6 p.m.	M – F	\$230/mo

Program Director: Anna Coronado

Hiawatha Community Center Site K - 5th grade

Site Director: Suzi Wiggins

Schmitz Park School Site K - 5th grade

Site Director: Amanda Kirk

School Year Day Camps

These fun and well-supervised camps for kids will feature arts and crafts, sports, games, field trips, and swimming.

☛ Spring Day Camp **Grades K – 5**

April 5 – April 9 7 a.m. – 6 p.m. \$95

Registration begins February 15.

☛ Mid-Winter Break Camp **Grades K – 5**

Feb. 16 – Feb. 20 7 a.m. – 6 p.m. \$95

Registration begins January 3.



School-age Childcare friends Jeanne Warbington and Morgan Beiler.

Gymnastics

Classes are taught by USA Gymnastics certified instructors and operated under USAG guidelines. Fees include insurance coverage.

Session One 7 weeks

Monday classes begin January 5. Tuesday classes begin Jan. 6. No classes January 19 & 20, and February 16 & 17.

Session Two 7 weeks

Monday classes begin March 8. Tuesday classes begin March 8.

No classes April 5 & 6.

Tumble Bugs Recreational Gymnastics and Tumbling

The Tumble Bug program focuses on body awareness, coordination, and self-confidence. Older age groups will work on specific U.S.A.G. skill goals.

Director: Allison Osborn Instructor: Melissa Howton

Parent/Tot: Ages 3

Tuesday	1:30 – 2:00 p.m.	\$45
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Grasshopper: Ages 3 – 4

Monday	11:30 a.m. – Noon	\$45
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Monday	12:15 – 12:45 p.m.	\$45
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Monday	1:00 – 1:30 p.m.	\$45
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Tuesday	12:45 – 1:15 p.m.	\$45
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Tuesday	2:15 – 2:45 p.m.	\$45
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Firefly: Ages 4 – 5

Monday	2:45 – 3:30 p.m.	\$60
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Monday	3:30 – 4:15 p.m.	\$60
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Tuesday	3:30 – 4:15 p.m.	\$60
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Butterfly: Ages 6 – 9

Monday	4:30 – 5:30 p.m.	\$79
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Monday	5:30 – 6:30 p.m.	\$79
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Tuesday	4:30 – 5:30 p.m.	\$79
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Tuesday	5:30 – 6:30 p.m.	\$79
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Dragonfly: Ages 8 – 12

Monday	6:30 – 7:30 p.m.	\$79
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Tuesday	6:30 – 7:30 p.m.	\$79
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Gymnastics Parties



Gymnastics Birthday Parties Ages 6 – 10

Looking for a special birthday party? Let us help you!

Our auditorium has been set aside on Saturdays from 2:30 to 4:30 p.m. for birthday parties. The auditorium will be decorated. Tables will be set. Games will be provided. Indoor play equipment will be available. **A member of our gymnastics staff will be provided to lead gymnastics games and activities.**

All you have to do is bring the party favors and the refreshments. Forget the hassle, and enjoy the fun of your child's special day. Reservations must be made 3 to 6 weeks prior to the party.

Call 684-7441 for birthday party details.

Cost: \$135.00.



Dance, Music, Drama

Adults

🗡 Middle Eastern Dance

Ages 15 +

Learn veil, zillwork, cane, basic steps, and body movement in this exciting traditional dance.

Beginning Thursday 6:30–7:30 pm 8 wks \$52

Intermediate Thursday 7:30–8:30 p.m. 8 wks \$52

January 8 – February 26

Instructor: “Sian”

👞 Tap Dancing

Ages 15 +

Learn basic technique while following in the footsteps of Fred Astaire and Gregory Hines.

Tap your way in real style in this lively class.

Wednesday 6:00 – 6:55 p.m. 10 wks \$26

January 7 – March 17

No class February 18

Instructor: Dorothy Poplawski

Youth and Tots

👞 Rhythms

Ages 4–5

Your child will explore direction, spatial awareness, locomotor skills and simple dance movements to a variety of rhythms.

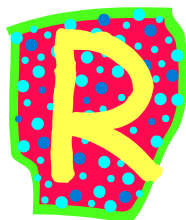
Wednesday 3:30 – 4:00 p.m.

10 wks \$21

January 7 – March 17

No class February 18

Instructor: Dorothy Poplawski



🗡 Middle Eastern Dance

Ages 10 – 14

Learn veil, zillwork, cane, basic steps, and body movement in this exciting traditional dance.

Thursday 6:30–7:30 p.m. 8 wks \$52

January 8 – February 26

Instructor: “Sian”



Middle Eastern dance is featured year-round.

Youth and Tots (cont)

👞 Tap Dancing

Ages 5 – 14

Get your child following in Gregory Hines’ footsteps. Basic steps & simple routines focusing on rhythm and timing will be taught.

Wednesdays

(Beg 5 – 8) 4:00 – 4:30 p.m. 10 wks \$21

(Int 8 – 12) 4:30 – 5:00 p.m. 10 wks \$21

(Adv 9 – 14) 5:00 – 5:30 p.m. 10 wks \$21

January 7 – March 17

No classes February 18

Instructor: Dorothy Poplawski

👞 Babies Sing and Play

Ages 6 – 16 mos

Activities include singing, dancing, instrument play, baby massage, baby exercise, and creative movement. For parents and babies.

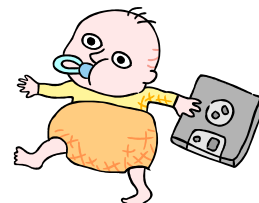
Mon. 12:00 – 12:45 p.m.

10 wks \$75

January 5 – March 29

No class January 19, 26 & February 16.

Instructor: Cindy Rothwell



👞 Toddler Tunes

Ages 14 mos – 3 ½ yrs

Come sing, dance, play games and play simple instruments to classic folk tunes. Participate in circle dances, creative movement, and puppet play. For care-giver and toddler.

Mon. 10:00 – 10:45 a.m. 10 wks \$75

Mon. 11:00 – 11:45 a.m. 10 wks \$75

January 5 – March 29

No classes January 19, 26,, & February 16

Instructor: Cindy Rothwell

Sports

Open Adult

☛ Free Open Basketball

Monday	1 – 2 p.m.
Friday	1 – 2 p.m.
Sunday	1 – 5 p.m.

Pay-to-Play Open Basketball

Tuesday	9 – 11 p.m.
Thursday	9 – 11 p.m.
Saturday	5 – 11 p.m.

\$2:00 per night

Pay-to-Play Open Pickleball

Monday	9 – 11 p.m.
Wednesday	9 – 11 p.m.

\$2.00 per night

Youth

☛ Basketball Teams **Age 8**

Have fun in this high scoring league featuring small balls and lower hoops. Separate teams for boys and girls are being formed to play in the Alki-Hiawatha League. Games will be played Friday nights at Hiawatha Community Center. Games begin in January. \$45

☛ Basketball Teams **Age 9**

Have fun in this neighborhood league. Separate teams for boys and girls are being formed to play in the Alki-Hiawatha League. Games will be played Friday nights at Madison Middle School. Games begin in January. \$45

☛ Basketball Teams **Ages 10 – 17**

Teams are being formed for play in gold, silver, or bronze divisions in city leagues. Games are played on Saturday and Sunday. Games begin in January. \$45

Basketball Coaches Video Library

These instructional videos can be checked out by registered Parks coaches.

Hiawatha Playfield Batting Cage

The cage is available year-round when the center is open. Pick up the key at the center.

Youth



TRACK & FIELD

Ages 8 – 13

Participate in this popular sport. Registration begins February 1. Practices will be held twice a week beginning in April. Meets run through the first of June. Coaches are needed. Fee \$32.

Li'l Soccer Stars **Ages 3 ½ – 5 yrs**

A fun, instructional soccer program utilizing age appropriate activities and games designed to develop individual ball handling skills. Taught by nationally licensed Director/Head Coach of Soccerville Academy Beatrice Ryan.

Wednesday	1:00 – 1:45 p.m.	5 wks	\$45
Session 1	January 14 – February 11		
Session 2	March 31 – April 7		

Family Special Events

Pancake Breakfast



**Sunday, March 7
8 a.m. – Noon**

Come to the gym and enjoy a wonderful breakfast with your family and friends: coffee, juice, bread, sausage, and all-you-can-eat pancakes. Proceeds benefit the youth basketball program. Call the center if you would like to help.



Birthday Parties Ages 4 – 10



Looking for a birthday party? Let us help you! Our auditorium has been set aside on Saturdays from Noon to 4:30 p.m. and Sundays from noon to 2 p.m. for parties. It will be decorated; tables will be set; games



will be provided; and indoor play equipment will be available. A staff member will lead games and activities. All you have to do is bring the party favors and the refreshments. Forget the hassle, and enjoy the fun of your child's special day.

Reservations must be made 3 to 6 weeks prior to the party. Call 684-7441 for birthday party details. Cost: \$125.00.

Childrens' Entertainment

Storytelling, music, comedy, magic!

Entertainment for the Whole Family

This winter the Saturday Children's Entertainment Program will focus on the lighthearted. Bring the whole family to all of these exciting and wonderful performances!

Parent and Child - \$4

Whole Family - \$6

Performances begin at 2 p.m.

Saturday, January 17 – Mario Lorenz

Back by popular demand – the funny man and his comedy and musical variety show.

Saturday, February 28 – Alleyoop!

Songs, stories, and musical games with a "Parent's Choice Gold Award Winner"

Saturday, March 20 – Professor Payne

Straight from The Wizards International School Of Magic, the "Prof" will entertain with magic and science. Get ready Harry Potter followers!



*Parent's Choice Gold Award Winner
Alleyoop! will perform February 28.*

Teens

Weekly Program

Weekly Drop-in Program for Middle & High School Youth

This drop-in activity program for middle school and high school youth operates Monday through Friday from 2:30 to 9 p.m. The goal of the program is to provide fun, safe, and supervised activities that will enhance social, fitness, and life skills. Daily sign-in and -out will be required. Call Teen Development Leader Dorothy Talamaivao for further information.

Supervised Study Hall and Activity Program for Middle School Youth

Monday through Friday from 2:15 to 6 p.m. Recreation Leader Amphone Rasasombath will provide direct supervision for 6th and 7th graders. She will pick up youth after school at Madison. Daily activities include a mandatory study hall, a mandatory sustained silent reading program, and daily use of the game room. Once a week trips to popular in-city attractions will be taken. The monthly fee is \$80.

\$80/month



Teens enjoying the challenge of the Skagit River

Special Programs

Volunteers

The teen program provides opportunities for older youth and adults to provide volunteer service to the community. The Pancake Breakfast on Sunday March 7 is the next opportunity to help.

Teen Development Council

Join other teens interested in helping plan the program and contributing to the community. Call the center for the days and times of the meetings.

Special Events

Game Room

THE GAME ROOM CONTAINS A POOL TABLE, TABLE TENNIS TABLE, FOOSBALL TABLE AND TELEVISION. IT IS A NICE PLACE FOR TEENS TO SIMPLY HANGOUT AFTER SCHOOL OR ON WEEKENDS

Middle School Dance
SATURDAY, FEBRUARY 15
8 – 11 p.m.
Hiawatha Community Center

Mid-Winter Break Teen Camp

Join Teen Development Leader Dorothy Talamaivao and Recreation Leader Amphone Rasasombath for daily activities designed for 6th and 7th graders.

Tuesday – Friday
7 a.m. – 6 p.m.

February 17-20
Fee: To Be Announced

New Classes

🌀 Introduction To Reiki:

Learn what it is, how it is done, what to expect, and its benefits. Learn how to begin and how to move from Reiki Level 1 to Level 111. This class helps individuals to learn the fundamentals of Reiki healing and encourages them to trust their own inner healing abilities. As a part of this course one on one demonstrations of Reiki will be offered to the students.

Sunday Noon – 1:15 p.m. 7 wks \$60

Instructor: Maureen Brennan

🖌️ Oil Painting

Have you always wanted to paint with oils? How about painting like that guy on TV Bob Ross?! Well, now you can. You will leave this five-hour class with a completed painting. No drawing or talent needed.

Come join us, we have a lot of fun.

Friday, January 16 10 a.m. - 3 p.m. \$35

Friday, February 13 10 a.m. - 3 p.m. \$35

Friday, March 12 10 a.m. - 3 p.m. \$35

Instructors: Patti Anne and Greg Nedell

One Day Seminars

😊 Free Home Buying Seminar for First-Time Buyers

Learn about buying a home for less than rent, the top three items first-time buyers need to know, purchasing a home with no down payment, credit reports, and various subjects from pre-approval to purchase.

Presented by local experts Dick Bounds, Jeff Mandels, and Fred Collins. Call 684-7441.

Saturday, January 31 11 a.m. – 1 p.m.

🏠 How to Sell Your Own Home

Addresses how to prepare and price your home for sale, legal issues, forms and inspections, marketing strategies, and negotiating issues.

Saturday, January 24 10 a.m. – 12:45 p.m. \$7

Instructor: Barbara Korducki

Neighborhood Recreation

Alki Bath House Art Studio

The studio is a community based facility operated by Alki Community Center Advisory Council. It is located right on the beach at Alki and is an ideal backdrop for artists. It provides opportunities for individual studio work and classroom instruction. Call 206-684-7430 for further information.

Southwest Pottery Studio

Southwest Pottery Studio was built in 1975. It has electric wheels, kilns and skilled instructors. In addition to classes, the studio has pottery production and studio time. It is located at Southwest Recreation Complex.

Call 206-684-7438 for further information.

Alki Community Center

Friday Night Skating

Bring the whole family to the center from 7 to 9 p.m. each Friday. If you do not have your own skates you can borrow a pair from the center.

Parent/Child Hang Out Time

Get out of the house and the rain. Have fun with your child and other parents and children. The center has a room set up for you every Monday, Tuesday, Wednesday and Thursday from 10 a.m. – 2 p.m. Call 684-7430 for more information.

Computer Labs

Computer labs are available at Delridge Community Center (684-7423) and West Seattle High School (725-9095). Call for information on classes and lab time.

Seniors

Senior Adult Program Classes at Hiawatha

Register by walk-in, mail, or phone. Make checks payable to Senior Adult Advisory Council, and mail to Senior Programs, Southwest CC, 2801 SW Thistle, Seattle WA 98126. To register by phone, call 206-684-7438.

🕒 Line Dancing

This dance craze doesn't require a partner. It's fun, easy, and great exercise.

Tuesday 10 – 11 am \$18.00

Instructor: TBA



🚐 Van Trips

Once a week trips are taken to attractions in Western Washington. Past excursions have taken seniors by van to Meeker Mansion in Puyallup, Camano Island, IMAX Theater, Suquamish, Port Defiance, Tacoma Dome, Leavenworth, Tolt River, Marysville, Port Ludlow, Poulsbo, Benaroya Concert Hall, University Village, Seattle Center, and Chinese Gardens. Local pick-up is provided.

🏓 Pickleball

Enjoy this exciting game with other active seniors in the gym three days a week. No registration. No play January 19, January 26, & February 16.

Mon/Wed/Fri 10 am – Noon Free

🏐 Volleyball

A traditional activity for the active person. No registration. No play February 17 & 19.

Tuesday 11 am -12:30p.m. Free

Thursday 10 am - Noon. Free

🏀 Basketball

On Sundays the gym is reserved for one hour for those who no longer want to run the court but still want to keep their skills up. No registration. Balls provided.

Sunday Noon – 1 p.m. Free

🖌️ Oil Painting

See page 10

🕒 Tap Dancing

Learn basic technique while following in the footsteps of Fred Astaire and Gregory Hines. Tap your way in real style in this lively class. Registration for this class must be made at Hiawatha Community Center. Call 684-7441.

Wednesday 6:00–6:55 p.m. 10 wks \$21

No class February 18

Instructor: Dorothy Poplawski

🕒 Middle Eastern Dancing

See page 4

🕒 Hatha Yoga for Beginners

This is a non-competitive traditional system for improving strength, flexibility, and energy for the body, mind and spirit. It is a 3000-year-old life science that can help you attain a healthier body and a more peaceful mind. Yoga brings a balance of internal and external awareness, integrating breathing (pranayama) and physical postures (asanas). Registration for these classes must be made at Hiawatha Community Center. Call 684-7441.

Wednesday 5 – 6:30 p.m. 7 weeks \$62

Wednesday 6:30 – 7:45 p.m. 7 weeks \$62

Saturday 10 – 11:30 am 7 weeks \$62

Session 1 January 17 – February 25

Session 2 March 3 – April 7

Instructor: Roz Boyd.

SOUTHWEST POOL DAILY SCHEDULE WINTER 2004

MONDAYS AND WEDNESDAYS

6:00 - 7:30 am*	Early Morning Lap Swim
Noon - 1:30 pm	Adult/Senior Adult Swim
3:00 - 4:00 pm***	Lap Swim
4:00 - 5:30 pm	Swim Lessons
5:30 - 6:30 pm	Lap Swim (2 lanes)
5:30 - 6:30 pm	Masters Workout
6:30 - 7:30 pm	Swim Lessons
7:30 - 8:15 pm	Hydro-Fit Water Exercise
7:30 - 8:30 pm	Public Swim (<i>shallow end</i>)
8:30 - 9:30 pm	Adult Swim

TUESDAYS AND THURSDAYS

Noon - 1:30 pm	Adult/Senior Adult Swim
1:30 - 2:30 pm	Senior Adult Water Exercise
2:45 - 3:45 pm	Middle School Program
4:00 - 5:00 pm	YMCA Swim Team
4:30 - 5:00 pm**	Competitive Stroke Class
5:00 - 6:00 pm**	Lap Swim
6:00 - 7:30 pm	Swim Lessons
7:30 - 8:30 pm	Public Swim
8:30 - 9:15 pm	Hydro-Fit
8:30 - 9:30 pm	Adult Water Aerobics

FRIDAYS

6:00 - 7:30 am*	Early Morning Lap Swim
Noon - 1:30 pm	Adult/Senior Adult Swim
1:30 - 2:30 pm	Family Swim
3:00 - 4:00 pm***	Lap Swim
4:00 - 5:30 pm**	\$1.00 Public Swim
5:30 - 7:00 pm	Lap Swim (2 lanes)
6:00 - 7:00 pm	Masters Workout
7:00 - 8:00 pm	Family Swim
8:00 - 10:00 pm	Rentals (call to schedule)

*Admission by swim ticket only

**programs cancelled due to swim meet on:

1/9, 1/13, 1/16, 1/23 & 1/27

***Lap Swim resumes 2/18/2004

**Look for our Holiday schedule
12/22/03 - 1/3/04**

SATURDAY

10:00 - 11:00 am	Youth Swim and Fitness
11:00 am - Noon	Swim Lessons
12:00 - 1:00 pm	Adult/Senior Adult Swim
1:00 - 2:00 pm	Public Swim
2:30 - 10:00 pm	Rentals (call to schedule)

SUNDAYS

11:00 am - 12:30 pm	Adult/Senior Adult Swim
12:30 - 2:00 pm	Swim Lessons
2:00 - 3:00 pm	Family Swim
3:00 - 4:00 pm	Special Pops Lessons
4:00 - 5:00 pm	Public Swim
5:00 - 6:00 pm	Lap Swim
6:30-10:00 PM	Rentals (call to schedule)

2004 FEES

Recreation Swimming

Youth (1-18)	\$2.25
Adult (19-64)	\$3.25
Senior Adult (65 & over)	\$2.25
Special Populations	\$2.25

Fitness

Non-Rec. Spa, Weights, Sauna use	\$3.25
Masters/Water Aerobics/ Hydro-Fit/Aqua Jogging	\$3.75
Senior Adult Water Exercise	\$2.50
Spa in addition to admission	50¢
Showers	\$2.00
Recreation Admission Ticket	\$20.00

POOL CLOSED

December 25, 2003	Christmas Day
January 1, 2004	New Year's Day
January 19, 2004	MLK Jr Day
February 16, 2004	President's Day
May 31, 2004	Memorial Day

**For a complete Southwest Pool schedule please call 206-684-7440.
Southwest Community Center and Pool is located at 2801 SW Thistle St**

SOUTHWEST POOL AQUATIC FITNESS PROGRAMS

ADULT/SENIOR ADULT SWIM

A recreational swim period for adults 19 and over. Fast, medium, and easy lanes available for fitness swimming.

(All lanes in during busy sessions.)

M - F	Noon - 1:30 PM
M & W	8:30 - 9:30 PM
Saturday	Noon - 1:00 PM
Sunday	11:00 AM - 12:30 PM

LAP SWIM

This program is designed for the serious swimmer, and those who want to work on conditioning. Fast, medium, and easy lanes are available.

M & W & F	6:00 - 7:30 AM
M & W & F*	3:00 - 4:00 PM
M & W	5:30 - 6:30 PM
T & Th	5:00 - 6:00 PM
Friday	5:30 - 7:00 PM
Sunday	5:00 - 6:00 PM

* Program resumes February 18, 2004

PUBLIC SWIM

A recreational swim period for all ages. You may bring your clean masks, fins and snorkels, life preservers into the water

Monday - Thursday	7:30 - 8:30 PM
(Monday and Wednesday are shallow end only)	
Friday (\$1.00 swim)	4:00 - 5:30 PM
Saturday	1:00 - 2:00 PM
Sunday	4:00 - 5:00 PM

FAMILY FLOAT SWIM

The family float swim is a recreational time for the family. A parent/ guardian must accompany youth under 18 years of age.

Friday	1:30-2:30 PM, 7:00-8:00 PM
Sunday	2:00-3:00 PM

SENIOR ADULT WATER EXERCISE

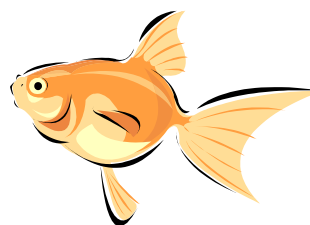
Shallow end senior adult water exercise provides a recreational as well as a therapeutic time for seniors. Participants can expect increase strength and flexibility while improving the cardiovascular system. No swimming ability required.

T & Th	1:30 - 2:30 PM
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ADULT WATER AEROBICS

Shallow end water aerobics is a workout consisting of warm-up, stretching, 30-minutes of aerobic activity, and cool down. No swimming ability required.

T & Th	8:30 - 9:30 PM
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HYDRO-FIT

Hydro-Fit is a deep water, low-impact, adult water exercise program that can efficiently work the whole cardiovascular system. The use of specially designed buoyancy and resistance apparatus provide a demanding workout for the legs, as well as the upper body. Some deep water swimming ability required.

M & W	7:30 - 8:15 PM
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MASTERS WORKOUT

An experienced coach supervises an interval workout of 2500 yards or more. Different lanes for different abilities. Stroke work and helpful tips will be offered during this time.

Mon & Wed	5:30-6:30 PM
Friday	6:00-7:00 PM

**Southwest Pool offers a comprehensive swim lesson program.
Call 206-684-7440 for class information and registration dates.**

Piatigorsky Foundation Concert

Join nationally acclaimed cellist Evan Drachman for an hour of classical music in the auditorium at the center. Pianist Lisa Bergman will accompany him. This is a wonderful opportunity for children, parents, and grand parents, to see and hear great classical music right here in the neighborhood. The acoustics in the centers 1911 auditorium are superb for this type of performance. Evan is coming to us courtesy of the Piatigorsky Foundation of New York City.

Friday, March 19 3:30 p.m. Free

West Seattle Library



West Seattle Library
presents

Story Times at Hiawatha

Library Story Times live on at Hiawatha Community Center while the branch is being renovated. Introduce your children to the world of books and reading through stories, songs, finger plays and more!

Toddler Story Time

Ages 2 - 3

Wednesdays, 10:30 a.m.

Call Center for dates.

Preschool Story Time

Ages 3 - 5

Wednesdays 10:30 am

Call Center for dates.

Neighborhood Groups

Hiawatha Advisory Council

In its leadership role, the council plans, organizes, funds, and operates programs in the center and on the playfield with Seattle Parks and Recreation. Current council members are Phil Brockman, John Dodd, George Grieve, Ron Jolly, Dana McAvoy, Bernie Wittman, and Rob Wunder. This year we invite you and your family to enjoy the recreation activities of Hiawatha. If you would like to help other like-minded citizens and the professional staff at Hiawatha with the development and operations of programs, you are invited to join the council. The council meets the fourth Tuesday of the month.

Admiral Neighborhood Planning Coalition

The group is actively participating in the neighborhood planning process. For more information call Bob Shives at 206-932-7282.

Friends of Hiawatha Athletic Field

Hiawatha Community Center Advisory Council and Friends of Hiawatha Athletic Field recently completed preliminary plans for improvements to the athletic field at Hiawatha Playfield. Friends of Hiawatha Athletic Field will meet as needed until this unfunded project is completed. Members are Rob Wunder, Phoebe Russell, Mark Minckler, Shirley Tupper, and Dennis Ross. Call John Hermann at 684-7441 further information.



SEATTLE PARKS & RECREATION PROGRAM REGISTRATION FORM

in partnership with the Associated Recreation Council



This form is for NON-Day Camp programs *only*. Ask recreation staff for day camp registration forms as needed.

Registration Procedures:

1. Please complete registration form entirely.
2. Payment **MUST** accompany registration.

Family Information: (Please complete for the **adult** who is financially responsible for the **family account**.)

(ADULT) Name: _____ Sex: Male Female
Last First MI (Circle One)

(ADULT) Birthdate: ____/____/____ Email Address: _____
mm/dd/yyyy

Street Address: _____ City: _____ State: _____ ZIP: _____

Phone - eve: (____) _____ day: (____) _____ other: (____) _____

Family Emergency Contact: _____ (____)
Name Phone Relation

☐ **PARTICIPANT** info differs from above. How does it differ? _____

PARTICIPANT <small>(please print full name)</small>	M/F	BIRTHDATE <small>(mm/dd/yyyy)</small>	COURSE TITLE <small>(Non-Day Camp Activities ONLY)</small>	1 ST CHOICE		ALTERNATE		AMOUNT	Staff Use Only
				DATE(S)	START TIME	DATE(S)	START TIME		
								\$	
								\$	
								\$	
								\$	
TOTAL								\$	

*Acceptance of this request does not guarantee enrollment into a class (see back for more information).

How would you like to pay?

Person making payment _____
(required for proper refunding)

☐ Cash (Please do not send cash through the mail.)

☐ Check or Money Order # _____

☐ Visa ☐ Mastercard ☐ American Express

Staff Use Only

Authorization (Ref) #: _____

For
mail-
in
only

Card #: _____ Expires: _____

Name as it appears on card: _____

Signature: _____

**PLEASE INCLUDE
PAYMENT**

ASSUMPTION OF RISK AND RELEASE: I hereby give my consent as a participant or for the above-named participant(s) to participate in the program(s) listed above being conducted or co-sponsored by Seattle Parks and Recreation and declare that I will not hold the City of Seattle, Seattle Parks and Recreation, Seattle Parks and Recreation's employees, Advisory Council, or any volunteer associated with the program, responsible for any injuries, damage or personal loss incurred while participating in said program(s).

Signed: _____ Date: _____



Hiawatha Community Center
2700 California Ave. SW
Seattle, WA 98116-2451



Hiawatha Fieldhouse City Champions 1954

Head Coach Brad Cleverdon front row left.

Although Seattle Parks and Recreation no longer organizes football, Hiawatha Community Center and Playfield still host thousands of activities each year. This winter, community center activities include tap dance, pickleball, basketball, gymnastics, Middle Eastern dance, yoga, line dance, preschool, kinder music, soccer, painting, children's entertainment, and more.

Historical Photos

Hiawatha Community Center Advisory Council, West Seattle High School Alumni Association, and Friends of Olmsted Parks are cooperating to collect historical photos about activities in Hiawatha Community Center and on Hiawatha Playfield. If you have items of interest, please call Dorothy Poplawski or John Hermann at 206-684-7441.

Planning a Special Event

The center's facilities are available for rentals when not scheduled for operation.

☑ Auditorium – vaulted ceiling, indirect lighting, small kitchen, and great acoustics. Ideal for parties & seminars

☑ Gym – basketball & volleyball courts.

Call 206-684-7441 to check availability and to reserve a date at least two weeks prior to the desired rental.